



Lunar Gymnastics Club CODES OF CONDUCT

We have an agreed set of Codes of Conduct which helps us to work together for excellence at Lunar Gymnastics Club.

LGC STAFF / VOLUNTEER CODE OF CONDUCT

The Academy expects staff/volunteers to:

- Respect the ethos and expectations at LGC.
- Understand that there is a need to work together with parents/carers for the benefit of the gymnasts.
- Demonstrate in their own behaviour that all members of the LGC community should be treated with respect.
- Seek to clarify e.g. a gymnast's version of a particular event with their view, in order to bring about a peaceful solution to any issue.
- Approach any member of LGC staff, volunteer, parent/carer, gymnast or other gym user appropriately, to help resolve issues of concern.
- Set standard to remind gymnasts to arrive 10 minutes prior to the start of the session, so training can start promptly, run smoothly, and educate gymnasts and parents/carers the importance for gymnasts to be appropriately 'warmed up' and be safe ready for training.
- Respect the knowledge and professionalism of other LGC coaches and staff, to ensure the best planning, preparing and training of gymnasts.

In order to support a peaceful and safe coaching environment LGC does not tolerate:

- Disruptive behaviour from staff/volunteers which interferes or threatens to interfere with the operation of the gym, office or other area of LGC working (including competitions and events).
- Interfering or distracting others whilst working at LGC, including in the office or on the gym floor.
- Loud or offensive language, swearing, cursing or displaying temper.
- Threatening to do actual bodily harm to a member of LGC Staff, Director, volunteer, visitor, or other parent/carer or gym user.
- Damaging or destroying LGC property.
- Sending abusive, threatening or inappropriate emails, text/voicemail/phone messages or other written communication or correspondence.
- Defamatory, offensive or derogatory comments regarding the club or any of the gym users/parents/staff/volunteers at LGC on social media sites.
- The use of physical aggression towards another adult or child.
- Smoking (including e-cigarettes), or consuming alcohol or drugs on LGC property.

All coaches and officials also must adhere to the [British Gymnastics Standards of Conduct for Coaches & Officials](#)



GYMNASTS CODE OF CONDUCT

- Gymnasts should show respect for their coaches and fellow gym users at all times.
- Gym users must listen to coaches to ensure their safety and the safety of others.
- No bad behaviour or disrespect will be tolerated.
- No swearing allowed in the gym.
- Criticising other gymnasts is not tolerated. Support other gymnasts to do their best. Celebrate everyone's success and achievements.
- Gymnasts are not allowed on the equipment, unless the class is called and instructed to do so by a coach who is there to supervise.
- No jewellery to be worn.
- No skirted leotards, zips, buckles, or belts. All gymnasts must be wearing leotard/shorts, or suitable fitting clothing.
- All gymnasts must be affiliated to British Gymnastics.
- Children misbehaving, creating a distraction or being a risk to other gym users or themselves will be asked to sit out and their parents will be contacted. If misbehaviour continues, the parent/carer will be asked to withdraw the child from their class.
- Gym users should not wilfully or intentionally damage gym equipment or property which is not their own.
- Gymnasts should arrive 10 minutes prior to the start of the session, so training can start promptly, run smoothly and so all gymnasts are appropriately 'warmed up'.

PARENTS / CARERS CODE OF CONDUCT

The Academy expects parents/carers to:

- Respect the ethos and expectations at LGC.
- Understand that parents/carers and coaches need to work together for the benefit of the gymnasts.
- Demonstrate in their own behaviour that all members of the LGC community should be treated with respect.
- Seek to clarify e.g. a gymnast's version of a particular event with the coach's view, in order to bring about a peaceful solution to any issue.
- Correct their own child's behaviour, especially where it could lead to conflict.
- Approach any member of LGC staff appropriately, to help resolve issues of concern.
- Gymnasts should arrive 10 minutes prior to the start of the session, so training can start promptly, run smoothly and so all gymnasts are appropriately 'warmed up'.
- Respect the knowledge and professionalism of LGC coaches, in planning, preparing and training your child.

In order to support a peaceful and safe coaching environment LGC does not tolerate:

- Disruptive behaviour from parents/carers which interferes or threatens to interfere with the operation of the gym floor, office or other area of LGC working (including competitions and events).
- Interfering or distracting coaches / gymnasts whilst a session is in progress.
- Loud or offensive language, swearing, cursing or displaying temper.
- Threatening to do actual bodily harm to a member of LGC Staff, Director, volunteer, visitor, or other parent/carer or gym user.



- Damaging or destroying LGC property.
- Sending abusive, threatening or inappropriate emails, text/voicemail/phone messages or other written communication or correspondence.
- Defamatory, offensive or derogatory comments regarding the Academy or any of the gym users/parents/staff/volunteers at LGC on social media sites.
- The use of physical aggression towards another adult or child.
- Chastising someone else's child.
- Smoking (including e-cigarettes), or consuming alcohol or drugs on LGC property.

If any of these behaviours occur, LGC reserve the right to contact the appropriate authorities and, if necessary, ban the offending adult from entering the premises. LGC may also withdraw the membership of gymnasts if there are repeated behaviour and conduct issues or an issue of a serious nature occurs.

REWARDS

LGC coaches seek to create a positive environment which raises gymnasts' self-esteem and confidence. Therefore positive rewards are used such as:

- *verbal praise*
- *speaking to parent and / or carer*
- *promotion of successes / achievements on website, newsletter, social media accounts (where appropriate consent has been obtained)*
- *gymnast of the month award*

UNACCEPTABLE BEHAVIOUR:

For LGC to create and maintain a productive training environment, gym users must be aware of sanctions and to understand that for all actions there are consequences.

LGC uses sanctions to enforce the behaviour expectations and Codes of Conduct, and to ensure a safe and positive learning environment. We employ each sanction appropriately to each individual situation. Sanctions will be used in a balanced way and will focus on the act and not the individual. Gymnasts should be helped to understand why their behaviour is not acceptable.

Some children, including those who have specific needs relating to behaviour, will find it continually difficult to follow the Codes of Conducts. Parents should liaise with coaches regarding their Childs' needs and discuss which discipline and session is the most appropriate. LGC coaches may suggest a child moves groups and / or discipline, to where is most appropriate.

We recognise that every child is unique and that poor behaviour may be exhibited for a variety of reasons. As such, LGC coaches and staff use their professional judgement, and their knowledge of the gymnast, to ensure appropriate strategies are used at key points in the behaviour and discipline code.